

PROSTATIC OBSTRUCTION

Prostatic obstruction to the outlet from the bladder is very common with some symptoms present in half of men by age 65 and increasing with age. If you score above 7 or if you notice slackening of your urinary stream or you have to get up more than once a night to pass urine, we recommend you take his form to your GP or if you would like a consultation with a specialist, contact us for further advice or leave your form in the box provided.

International Prostate Symptom Score

Please complete the questions below

	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always	Your score
Straining Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5	
Weak stream Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
Intermittency Over the past month, how often have you found you stopped and started again several times when you urinated, or have a problem with a dribble at the end of the flow?	0	1	2	3	4	5	
Incomplete emptying Over the past month, how often have you had a sensation of not emptying your bladder completely after you finish urinating?	0	1	2	3	4	5	
Frequency Over the past month, how often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
Urgency Over the last month, how difficult have you found it to postpone urination and leaked (wet your clothing)?	0	1	2	3	4	5	
	None	1 time	2 times	3 times	4 times	5 times or more	
Nocturia How many times each night did you most typically get up to urinate from the time you went to bed until the time you got up in the morning?							
Total IPSS score							
Quality of life due to urinary symptoms	Delighted	Pleased	Mostly satisfied	Just coping	Mostly dissatisfied	Unhappy	Terrible
If you were to spend the rest of your life with your urinary condition the way it is now, how would you feel about that?	0	1	2	3	4	5	6

Mild symptoms: 0-7

Moderate symptoms: 8-19

Severe symptoms: 20-35

Name

Address

Post Code

Telephone Email





PROSTATE CANCER & SCREENING

Each year 40,000 UK men are diagnosed with prostate cancer and nearly 11,000 die from it. It is nearly as common as breast cancer yet there is no national screening programme, indeed no consensus even on whether there should be.

At CHAPS we believe men should routinely receive basic information on their prostate gland, where it is, what it does, why it can pose a serious risk to health and whether screening for prostate diseases – including cancer – is appropriate.

To help us understand more about the gap between men’s awareness of prostate problems and the medical services available, please fill in the brief questionnaire below.

Many thanks,

Chris Booth FRCS
Consultant Urologist

Prostate Cancer Screening Questionnaire

- Q. Where is the prostate gland:
In the abdomen Pelvis Don't know
- Q. As you get older, does the prostate usually:
Shrink Enlarge Don't know
- Q. PSA stands for Prostate Specific Antigen. It is a marker for prostate diseases, including cancer. Is it measured in a:
Blood sample Urine sample Don't know
- Q. When PSA is used to detect prostate cancer, do you believe it is:
Quite accurate Quite inaccurate Don't know
- Q. If PSA is to be used to screen for prostate cancer, which is the appropriate age group:
Below 50 50-75 Above 75 Don't know
- Q. Does prostate cancer run in some families:
Yes No Don't know
- Q. In the same way that the NHS offers bowel cancer screening, do you feel men should be offered prostate cancer screening:
Yes No Don't know
- Q. Are you aware of the Prostate Cancer Risk Management Programme:
Yes No Don't know
- Q. In your opinion do the benefits of Prostate Cancer Screening outweigh the risks:
Yes No Don't know

Please tick the boxes if you would like CHAPS to contact you for:

- More information on prostate cancer
- More information on prostate screening
- A PSA test and prostate check
- Advice on other male problems

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SEXUAL HEALTH

Sexual health is an important factor in emotional health and well-being but it is also increasingly being recognised as a marker of physical health. Erectile difficulties (ED), prostatic disease and underlying heart disease are all commonly linked together and may share a basic underlying pathological mechanism. For instance, nearly a quarter of men presenting with ED but no heart symptoms actually have severe underlying coronary artery disease and, conversely, men having a heart attack have usually experienced ED for 2-3 years before.

Consequently we believe that basic checks for all three should be done when a man presents with any one of these problems. If you have concerns about ED or if you score is between 0-16, we recommend you take this form to your GP or if you would like a consultation with a specialist, contact us for further advice or leave your form in the box provided.

Each question has several responses. Circle the number of the response that **best describes** your own situation. Please be sure that you select one and only one response for **each question**.

Sexual Health Questionnaire

Over the last 6 months:

1. How do you rate your confidence that you could get and keep an erection?	None	Very low	Low	Moderate	High	Very high
	0	1	2	3	4	5
2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?	No sexual activity	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5
3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?	Did not attempt inter-course	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5
4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?	Did not attempt inter-course	Extremely difficult	Very difficult	Difficult	Slightly difficult	Not difficult
	0	1	2	3	4	5
5. When you attempted sexual intercourse, how often was it satisfactory for you?	Did not attempt inter-course	Almost never or never	A few times (much less than half the time)	Sometimes (about half the time)	Most times (much more than half the time)	Almost always or always
	0	1	2	3	4	5

Add the numbers corresponding to questions 1-5.

TOTAL:

The Sexual Health Inventory for Men further classifies ED severity with the following breakpoints:
 1-7 Severe ED 8-11 Moderate ED 12-16 Mild to Moderate ED 17-21 Mild ED

Name

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Dear Friend,

On behalf of CHAPS and our hosts, Colchester United Football Club, may we welcome you to The Weston Homes Community Stadium for the CHAPS Charity Men's Health Day. Our objective is for you to live a healthy and long life and we hope today will help you achieve this.

You will receive a Health Passport with useful information and space to record your test results.

The core tests we provide today are free but not all tests are suitable for everyone. To find out which tests are appropriate for you and to get the most out of the day, please read on:

- Abdominal Aortic Aneurysm Screening: burst aneurysms kill 6,000 men each year but can be detected by a simple ultrasound scan. Recommended for men aged 60 or over.
- Cardiovascular Risk Assessment: based on a questionnaire and simple tests it calculates your risk of a stroke or heart attack over the next 10 years for men aged 25-84 who are not already on heart treatment.
- PSA-based Prostate Cancer (CaP) Screening: recommended for men aged 45-75 who have read and accept the risks associated with this simple blood test:
 - » The test is only about 75% accurate so is only a guide.
 - » A raised result must be repeated for confirmation.
 - » A raised result does not necessarily indicate cancer; only 1 in 3 men with a raised result have cancer.
 - » A normal result does not exclude cancer. About 1 in 5 men with cancer initially have a normal result.
 - » A PSA test may lead you into a cascade of invasive tests such as biopsy of the prostate which may have complications and may not be conclusive.
 - » A PSA test may lead to discovery of an insignificant cancer that would never harm you yet might lead you to accept unnecessary treatment that carries a risk of serious long-term complications such as incontinence and impotence.

Nearly 11,000 UK men die each year from CaP and the latest information on PSA-based screening is that it can cut the death rate by up to 50%. Screening is strongly recommended for men with a family history of CaP and **all** Afro-Caribbean men.

Please do not take tests that are not appropriate but if you have any queries, please ask our medical staff for further advice.

We hope you find the day worthwhile and would be most grateful if you could answer the questions below and leave in the box provided at the exits.

Thank you.

1. How long did you wait for screening tests?

AAA Screening mins

Cardiovascular Risk mins

Prostate Cancer Screening mins

2. Did you feel any delay was acceptable/not acceptable* (*delete as appropriate)

3. Did you find the tests useful? YES NO

AAA Screening

Cardiovascular Risk

Prostate Cancer Screening

5. Do you think there should be organised NHS Prostate Cancer Screening

YES NO

6. Was the exhibition useful? YES NO

7. What other stands would you have liked?

8. Will you use your Men's Health Passport? YES NO

9. Overall, how did you rate the day?

Excellent Good Fair Poor

10. Any further comments:

4. What other tests would you have liked?

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